



Grant County Health Department
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www.co.grant.wi.gov
(608) 723-6416

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Don't Procrastinate. Get Vaccinated!

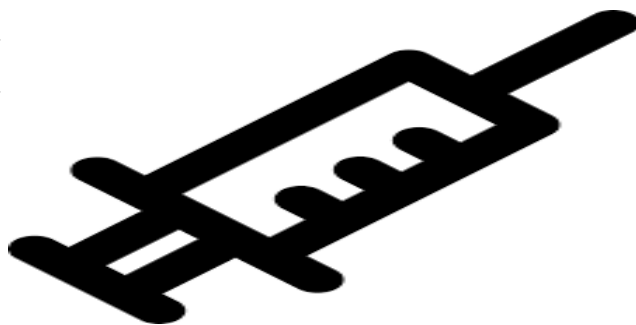
Parents, did you know you have the proven power to protect your child from serious diseases? You do, with the help of vaccines. Today's childhood vaccines protect against 14 serious and potentially life-threatening diseases, including polio, measles, whooping cough, and chickenpox by the age of 2.

When children are not vaccinated they are at an increased risk of contracting and spreading diseases to others in their family and community. This includes babies too young to be fully vaccinated and people with weakened immune systems.

Vaccination is very safe and effective. Long and careful review and research has been done by scientist and health care professionals on vaccines recommended for children. Vaccines will involve some discomfort and may cause redness or tenderness at the site, but this is minimal to the pain and trauma of the disease these vaccines prevent. Serious side effects following vaccination are very rare.

It is important to keep your child on track to receive the necessary immunizations. See the CDC's recommended childhood immunization schedule here: <http://go.usa.gov/xgug3>. For children that receive their vaccinations in Wisconsin, you can access the WIR (Wisconsin Immunization Registry) to look up their record from home <https://www.dhs.wisconsin.gov/immunization/wir.htm>.

Want to learn more? Contact your primary care provider, call up the Grant County Health Department, or visit www.cdc.gov, which has a wealth of up-to-date information on immunizations.



The mission of the Grant County Health Department is to promote the health and wellness of ALL residents of Grant County.

Websites

- ▶ Visit the Grant County website at www.co.grant.wi.gov for more information on Grant County services.
- ▶ Visit the Wisconsin Immunization Registry (WIR) website www.dhswir.org for information on your immunizations.
- ▶ Visit www.grantcountyhospice.com for information on the Hospice Program.
- ▶ Visit www.safegrantcounty.org for information on the S.A.F.E. Grant County Coalition.



Check out the Farmers Market!

Shopping at a farmers market is a great way to get fresh, seasonal, locally grown fruits and vegetables. The market can seem overwhelming at first, but here are a few tips to make sure your trips are successful and fun.

BYO BAG! - Bring a couple of durable, reusable bags to carry all of your delicious farm-fresh fruits and vegetables. You can also bring storage containers for the more delicate fruits and vegetables.

Don't let the crowd's overwhelm you—Farmers markets can get crowded and busy. Be patient, and take your time checking out each vendor's produce. Stop at each vendor's stand and compare prices before making a purchase. For the best selection, go to the farmers market early.

Talk to the growers—Try the samples, especially if they are something new. If something is unfamiliar, ask the growers how it tastes and how they like to prepare it.

Brought to you by Donna Peterson, Nutrition Educator and Coordinator in Grant and Iowa County with UW-Extension. (phone: 608-930-9856).

**UW
Extension**

WIC & Health Check Clinics

(Immunizations given at all these clinics)

Aug 2nd—Late Muscoda
Kratochwill Bldg from 2:00pm to 6:30pm

Aug 3rd—Platteville Lutheran
Church of Peace from 9:00am to 3:30pm

Aug 8th—Boscobel United
Methodist Church from 9:30am to 3:30pm

Aug 9th—Fennimore United
Methodist Church from 9:00am to 3:30pm

Aug 15th—Cuba City St Rose—
Mazzuchelli Hall from 9:30am to 3:30pm

Aug 17th—Late Platteville Lutheran
Church of Peace from 3:00pm to 6:30pm

Aug 22nd—Lancaster Schreiner
Memorial Library from 9:00am to 3:30pm

Aug 24th—Platteville Lutheran
Church of Peace from 9:00am to 3:30pm



Grant County Health
Department will be closed
on September 4th for the
holiday!

Get Ready for School

The State of Wisconsin requires the following immunizations for school entrance:

-Children going into Pre-K (ages 2 through 4 years) should have:

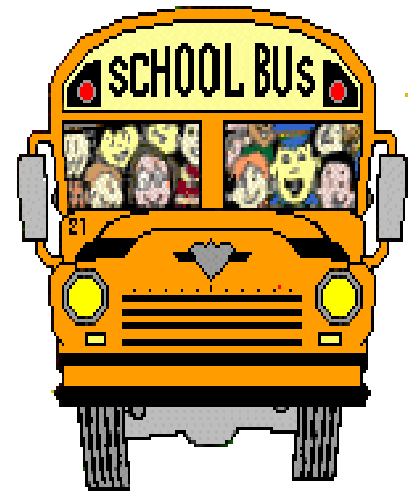
DTaP 4 doses
Polio 3 doses
Hepatitis B 3 doses
MMR 1 doses
Chickenpox/Varicella 1 dose (Or history of disease)

-Children going into 5K (kindergarten) through 5th Grade should have:

DTaP 5 doses* (if the 4th dose was before their 4th B-Day)
Polio 4 doses
Hepatitis B 3 doses
MMR 2 doses
Chickenpox/Varicella 2 doses (Or history of disease)

-Children going into Grades 6th through 12th

DTaP 5 doses* (if the 4th dose was before their 4th B-Day)
Polio 4 doses
Hepatitis B 3 doses
MMR 2 doses
Chickenpox/Varicella 2 doses (or history of disease)
Tdap - 1 dose (in the past 5 years)



*NEW INFO—Children that started the HPV series at a Grant County school based clinic

Due to funding cuts, if your child started HPV (Gardasil) at a health department clinic in the school and needs an additional dose, your child can no longer finish the series at the Health Department if they have insurance that covers it. Children with BadgerCare or no insurance to cover HPV can still start or complete the series at the Health Department or at a WIC clinic.*

After your child receives their immunizations, please send the immunization dates to your school. The Grant County Health Department provides immunizations free for children with BadgerCare or no insurance to cover vaccines. Call the Health Department with any questions at 723-6416.

The Wisconsin Immunization Registry (WIR) is a computerized internet database application that was developed to record and track immunization dates of Wisconsin children and adults. Immunization registries are an integral tool for assuring that children and adults receive immunizations according to recommended schedules, and can prevent over-immunizing.

The Wisconsin Immunization Registry (WIR) allows individuals, parents, or legal guardians to look up their own or their child's immunization record in the WIR. Many people in Wisconsin receive immunizations from more than one provider. Without access to the immunization information, it can be difficult to know which vaccine you or your child needs at any particular time. Offering parents and guardians access to look up their child's immunizations can decrease the number of patient requests to providers for immunization records.

Check your child's immunization record at <https://www.dhswir.org>

Backpack Tips for Parents and Students

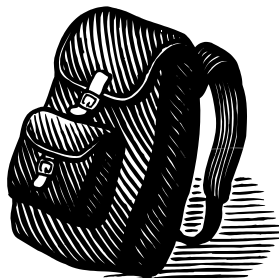
Aching backs and shoulders? Tingling arms? Weakened muscles? Stooped posture? Does your child have these symptoms after wearing a heavy school backpack? Carrying too much weight in a pack or wearing it the wrong way can lead to pain and strain. Below are some tips for using a backpack.

Loading a Pack

A child's backpack should weigh no more than about 10% of his or her body weight. This means a student weighing 80 pounds shouldn't wear a loaded school backpack heavier than about 8 pounds.

Load heaviest items closest to the child's back (the back of the pack).

Check what your child carries to school and brings home



If the backpack is too heavy on a regular basis, consider using a book bag on wheels if your child's school allows it.

Wearing a Pack

- Distribute weight evenly by using both straps.
- Select a pack with well-padded shoulder straps.
- Adjust the shoulder straps so that the pack fits snugly on the child's back.
- The bottom of the pack should rest in the curve of the lower back. It should never rest more than four inches below the child's waistline.



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